

# Five Rules for the Safe Use of Bicycles

English

英語

## 自転車安全利用五則

Bicycles are very convenient vehicles and are used by a wide range of age groups, but the violation of rules by bicyclists has become a major problem.

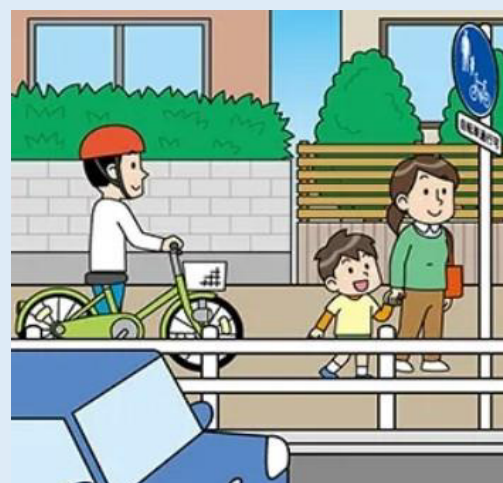
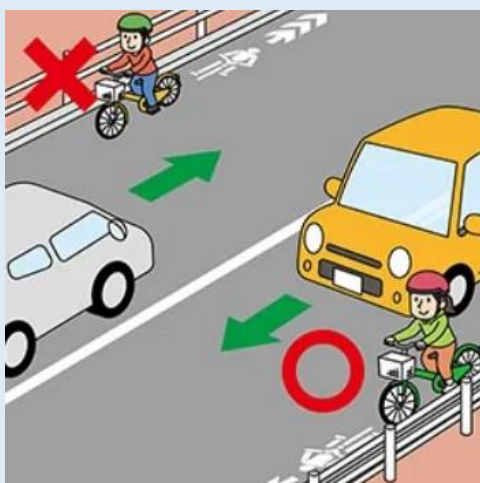
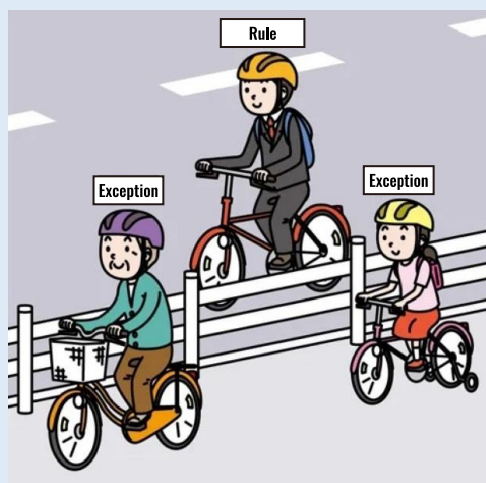
**The Five Rules for the Safe Use of Bicycles** are the most important rules to follow when riding a bicycle.

1

**Bicycles must be ridden on the road, riding on the left side. Cycling on sidewalks is prohibited except in certain situations, pedestrians must be given right of way.**  
車道が原則、左側を通行 歩道は例外、歩行者を優先

A bicycle is a vehicle. Let's cycle on the left side of the road.

On sidewalks with signs or markings that read "Ordinary Bicycles on Sidewalks Allowed," you may use the sidewalk, but when using the sidewalk, you must keep to the roadway side cycling at a reduced speed, and you must stop if you are impeding pedestrians.



2

**Follow the traffic lights and stop at intersections to check for safety.**

交差点では信号と一時停止を守って、安全確認

Be sure to obey traffic signals.

Please make sure to stop at intersections with a stop sign and check for safety.



Miyazaki Prefectural Police

宮崎県警察

3

## Use bicycle lights at night

夜間はライトを点灯

Cycling without lights is extremely dangerous as it becomes difficult to see the bicycle from the surroundings.  
At night, use the lights and ride a bicycle equipped with reflectors.



4

## Drinking and cycling is prohibited

飲酒運転は禁止

A bicycle is a vehicle. Drinking and cycling is prohibited just like for cars.  
You should be careful because cycling with a hangover is also considered cycling under the influence of alcohol.



5

## You must wear a helmet

ヘルメットを着用

If you have a traffic accident, wearing a helmet reduces the damage to your head.  
Both adults and children should wear helmets when riding a bicycle.



## If you are involved a traffic accident ...

交通事故にあってしまったら...

- Make sure you and the other person are safe.
- If anyone is injured, call **119** for an **ambulance**.
- Even if no one is injured, call **110** and **report the details of the accident to the police**.



## Do you have bicycle insurance?

自転車保険に加入していますか？

Under an ordinance of Miyazaki prefecture, **bicycle insurance is compulsory**.  
You should take out insurance to protect yourself and others.

